

Healthy Life Choices for Young People- -Healthy Weight Project Summaries

1.Family Health Project, Herrington Burn YMCA (Feb 2014 to Sept 2014) £4,982

Herrington Burn YMCA will deliver a series of 4 family health projects each working with groups of 8 children/young people and a member of their family over a 6 week programme exploring what is healthy eating, food safety, skill development of cooking in a group and at home and taking part in a range of physical activity and exercise opportunities appropriate to their abilities/disabilities.

Recommendation from People Board

Approve with Conditions:

- Evidence of the number of 'new' families and children to be provided
- Copy of 6 week programme to be provided once finalised

2.Children, Families, Food and Ceramics, ELCAP (January 2014 to June 2014) £5,000

We will work with MBC Ceramics to deliver a project that will encourage both changing lifestyles around food and diet and give young people and their family's skills to develop healthy eating. The project will introduce ceramics as a tool to also look at producing good food on a low budget as well as provide ICT skills and training. They will produce a recipe book and create a ceramic salad/eating bowl. This will be offered over a six month schedule in a workshop style setting at Easington Lane Community Access Point.

Recommendation from People Board

Approve

3.Fit and Healthy, Houghton and District Fitness and Youth Boxing club (March 2014 to September 2014) £700

We will continue, promote and increase membership to fitness sessions. To do this the club requires 6 new headguards which will enable the children and young people to train safely during sessions. Sparing with the use of headguards is only part of the programme that will include, increase in stamina (running), skipping, bag work, physical exercise, etc. The second part of the programme will include healthy eating sessions when qualified youth and community workers will deliver session on diet, healthy food, how to eat on a budget. Families will be invited along to these sessions when recipes and cookery books will be circulated and discussed. Tasters will also be provided.

Recommendation from People Board

Do not Approve:

The project does not meet the criteria of the project brief and should be signposted to the City Council Sport and Leisure team who can provide support and guidance on alternative sources of funding.

4.Healthy Life Choices for Young People, Herrington St Aidan's Team Sports (April 2014 to October 2014) £5,000

The programme will run during school holidays (starting at Easter) and will consist of a combination of physical activity and sports sessions as well as healthy eating and nutrition sessions in the form of 'cook and eat' and education sessions.

Recommendation from People Board

Approve with Conditions:

- Each activity to be monitored separately
- The project to liaise with existing commissioned youth provision delivered during holiday periods

5.Fit Lyons, Hetton Lyons Cricket Club (April 2014 to August 2014) £2,600

Fit Lyons' will involve health and fitness activities for young people and adults in the local community. Our

Young Lyons Academy is currently offering cricket related sport and physical activity to children aged between 5 and 15 years. 'Fit Lyons' will add a focus to Health and Fitness and increase the target audience to beyond 15 years, supporting adults.

Children aged 12+ years will receive a 1-hour session, working on core strength and physical fitness, delivered by practitioners who are also qualified to deliver health advice and benefits of regular exercise. As this session will run parallel with our current coaching session for juniors, which attracts over 60 young people a week, there will be an adults exercise class offered at the same time.

Recommendation from People Board

Do not approve:

- The project does not demonstrate that the activity will achieve any additional outcomes.

6.Tackle it Health/ Fit for football, Foundation of Light (March 2014 to July 2015) £5,000

Tackle It programmes use a combination of sports coaching, classroom and workshop sessions to teach people about positive choices which impact on their academic, health and social lives. Tackle It Health/Fit for Football address key issues in health, nutrition and exercise which can then be incorporated into everyday activity, facilitating and encouraging a healthy lifestyle approach by the whole family. The use of bespoke work booklets reinforce key messages, with whole session activities evidencing understanding, awareness and application.

Recommendation from People Board

Approve

7.Family cooking Workshops –Food For Thought, INSPIRE (Feb 2014 to June 2014) £5,000

I will provide hands on, interactive cooking workshops for children and their parents/carers/guardians. Each course will last for 6 weeks and will be delivered to 6 - 8 families at a time in the Coalfield area at a venue and time both parties agree upon should be the funding be approved. The course will encourage children to try lots of new, healthy ingredients and each session will concentrate on a particular theme or cooking skill. The workshops will also include confidence building games which allow the children to think about their talents and focus on their achievements at the end of each session.

Recommendation from People Board

Do not Approve

This project was not eligible as it did not meet the criteria and is not a VCS Group. The applicant is **self-employed**.

8.Healthy Eating Awareness Programme, Washington Mind (Jan 2014 to Dec 2014) £3,050

The majority of eating disorders and unhealthy eating patterns commence during school age so the preventive aspect of this package targets all young people aged between 11 - 16 year olds, their parents and the professionals working with this age group. This project will help to deliver the Healthy Life Choices for Young People priority by developing and delivering a series of workshops for young people, parents and professionals. Each group consists of five workshops: Workshop One – Eating Disorders: Signs, Symptoms and triggers - Workshop Two – The Media and my body –. Workshop Three – Feeling good inside and out –Workshop Four – Together we can prevent it (for professionals) –.Workshop Five – Parents should know (for parents/carers). The workshops will target 20 young people, 20 parents and 20 young people's workers directly.

Recommendation from People Board

Approve

9.High Five, SNCBC (March 2014 to March 2015) £3,640

A rolling programme of Hive Five Healthy Eating and Fitness sessions will be delivered over a 5 week duration. The sessions will include practical cookery demonstrating healthy alternatives, portion size control, health eating on a budget, food safety and a 30 minute physical activity suitable to the diversity of

the age range. Each family session will accommodate 8 adults and their children. Guest speakers from partner organisations will be invited to attend.

Recommendation from People Board

Approve with Conditions:

- Clarify how families will be targeted/engaged to ensure no duplication with other projects
- The project to be delivered separately from the 'Looking after Yourself' project for young people and commissioned youth work

10. Trails, Snails and Scales, Groundwork (January 2014 to June 2014) £5,000

The project will create a trim trail at Elba Park and which will be used, alongside the allotment sessions, as a space to run weekly activities such as exercise sessions, treasure hunts, habitat creation and mini beast hunts. The sessions at the trim trail will also encourage families to create their own outdoor play and exercise ideas, giving them the confidence to continue to undertake health outdoor exercise as a family in the long term. After these initial outdoor exercise sessions the focus will change to growing food, healthy eating and cooking. The group will complete sessions at the allotment, where they will learn how to grow and cook vegetables onsite. Exercise and growing sessions will run from March to June after the trim trail has been installed. Three courses will be delivered between March and June and will have a maximum of 20 places (parents and children) on each course.

Recommendation from People Board

Approve with Conditions:

Consultation to take place with City Council Sport and Leisure regarding design of the trim trail

Additional recommendations for all projects approved

All successful projects to attend a joint induction meeting (with the Area Community Officer, Assistant Head of Community Services (Sport and Leisure) and the LAF team) to ensure they are:

- Delivering a consistent message
- Aware of each other's service
- Not duplicating provision
- Signposting and working in partnership
- Co-ordinating marketing
- Reaching a wide audience

A check is made that organisations have relevant skills and qualifications to deliver cooking sessions, nutrition advice, and sport and exercise.